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# *Green* **VEGETABLES**

*in*  
**Low  
Cost  
Meals**

## A GREEN VEGETABLE EVERY DAY

### Food Value Plus

Do you eat at least one green vegetable every day . . . more if possible? That's what the guide to good diet, drawn up by the Nation's nutrition experts, says each of us needs. For green vegetables are rich in many of the food values we need to help keep us healthy.

Green vegetables have their place, too, in meals that taste good and look good. With their pretty green color and their fine fresh flavor they are perfect side partners for meat and potatoes.

The smart cook fixes vegetables for the table so they keep that fresh garden look and taste, along with the vitamins and minerals. To her it's a crime to overcook green vegetables or to pour down the sink the juice—the good old-fashioned pot liquor.

### Wash Clean . . . Keep Crisp

Use your green vegetables as soon as you can after they come from market or garden.

If you must keep them a day or two, store them in a cool place away from dust and flies.

Just before using, wash them quickly and thoroughly but never let them soak in water. You lose food value that way.

To get rid of sand and grit, lift the vegetable from a pan of water, rather than pouring the water off.

Salad greens keep crisp and crunchy if washed, wrapped in a clean cloth, and kept covered in a cold place.

### Rules for Good Cooking

Here are the rules for cooking and serving vegetables to make the most of what Mother Nature put into them:

¶ Use little water slightly salted . . . cook a short time . . . and never add soda to the cooking water. Soda destroys vitamins.

¶ Have the water boiling when you put green vegetables on to cook.

¶ Leaving off the lid helps to keep the green color. With leafy greens, use a lid at the start until they are wilted.

¶ Serve all the juice with the cooked vegetable or use it in soup or sauce. That's being thrifty with the vitamins.

### Servings for Six

The recipes given here are planned for six servings. For raw greens, press down firmly in measuring to give the quantity called for in the recipe.

## MANY WAYS TO SERVE AND SEASON

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Best known way of all to cook green vegetables is to boil but make it speedy. And cook uncovered only until tender in as little water as possible. Season to taste with salt, pepper, and melted fat. For a "different" flavor, add chopped parsley, chives, or herbs just before serving. Arrange attractively on a dish and serve while hot.

### Creamed or Scalloped Green Vegetables

Use a white sauce for variety in serving fresh green vegetables or in reheating cold vegetables. To each 2 cups of cooked vegetables add 1 cup of white sauce. Stir and heat thoroughly. Or place in a baking dish, cover with bread crumbs, and bake in a moderate oven for a short time.

#### White Sauce

2 tablespoons fat	1 cup milk
2 tablespoons flour	Salt to taste

Melt the fat over low heat, blend the flour with it, add the liquid. Cook slowly and stir constantly until smooth. Salt to taste. You may use the liquid in which the vegetable has been cooked in place of part of the milk when making the white sauce.

### Green Vegetables, Scalloped With Bread Crumbs

In a greased baking dish place a layer of fresh-cooked or left-over vegetables, cover with a layer of bread crumbs, and repeat. Add enough milk to moisten. Cover the top with bread crumbs and dot with fat. Bake in a moderate oven until the crumbs are lightly browned.

*With Cheese.*—Cheese makes it easy for you to use vegetables as a main dish. That tangy cheese flavor dresses up the vegetable. Simply add 1 cup of grated cheese to the bread crumbs in recipe above, or melt cheese in the white sauce.

*With Eggs.*—Place sliced, hard-cooked eggs in layers with the other ingredients. Or add 1 slightly beaten egg to each cup of milk. Pour over vegetable, bake as custard.

*With Meat.*—Use crisp cooked salt pork, bacon, or bits of ham in scalloped vegetable dishes for a tasty treat.

### Spinach Loaf

Spinach and kale are especially good in a vegetable loaf. Prepare exactly as for creamed vegetables, adding a little chopped onion for flavor. Remove the center of a loaf of stale bread, leaving a shell for the creamed vegetable. (Use the crumbs in bread or fruit puddings.) Fill with the hot vegetable mixture and moisten the sides and top of the loaf. Bake until hot and crisp, then cut in slices and serve.

## MANY WAYS TO SERVE AND SEASON

### Quick-Cooked Green Beans

Cut the beans into thin strips or small pieces. If very young and tender, leave them whole. Drop the beans into just enough boiling salted water to cover and boil quickly until tender but still firm. Drain, season to taste with salt, pepper, and melted fat.

Any of the other green vegetables are good cooked in this same quick way.

### Sweet and Sour Green Beans

A little vinegar and sweetened cream or evaporated milk added to cooked green beans gives that different flavor that your family will enjoy as a change.

### Scalloped Cabbage and Apples

2 quarts shredded cabbage	2 teaspoons salt
1 quart tart sliced apples	2 tablespoons fat
1 tablespoon sugar	1 cup bread crumbs

Grease a baking dish, and make a layer of cabbage and then of apple. Sprinkle with sugar, salt, and dot with fat. Repeat until all ingredients are used. On the top layer sprinkle the crumbs. Cover and bake until the cabbage and apples are tender. Remove the cover for the crumbs to brown. Serve from the dish.

### Kale and Rice Ring

Cook 2 quarts of kale, drain if necessary and add  $\frac{1}{4}$  cup of bacon fat or salt pork drippings. Make a ring with 3 cups of hot cooked rice and fill the center of the ring with the vegetable. Or mix the seasoned vegetable and the rice together and serve. Hot, fluffy, mashed potatoes may be used for the ring instead of the rice.

### Stewed Okra and Tomatoes

Add about 3 cups each of diced okra and tomatoes to 3 tablespoons of melted fat in a saucepan. Sprinkle with salt and pepper. Cover and cook for 10 or 15 minutes at moderate heat. Remove the cover and cook a little longer for the liquid to evaporate. Serve piping hot.

*Variations.*—Add a little chopped onion or some bread crumbs blended with a little fat. If you wish a baked dish, sprinkle the bread crumbs on top and bake until lightly browned. Squash used in place of okra makes another interesting combination. Use the same recipe as for okra and tomatoes.

### Peas and Potatoes

Cook 2 cups of peas and 2 cups of diced potatoes, new or old, with a little chopped onion until all are tender. Add a little fat and seasoning and serve at once.



## QUICK WAYS TO COOK

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### Panned Vegetables

Panning is a quick and easy, top-of-stove way to cook many vegetables. It is thrifty of food values too, for the vegetable is cooked and served in its own juices with just enough fat to season.

Favorites for panning are cabbage, shredded in narrow strips . . . kale, stripped from the tough midribs . . . spinach . . . summer squash, cut in small pieces . . . okra, with the pods sliced crosswise . . . and sometimes very tender green beans, sliced thin.

For each quart of the vegetable measured after being prepared for cooking, allow 2 tablespoons of fat.

Melt the fat in a heavy flat pan, add the vegetable, and cover to hold in the steam. Cook the vegetable slowly until tender, but not mushy. Now and then give it a stir to keep it from sticking to the pan, and when ready to serve season with salt and pepper to taste.

Drippings from roast meat, fried sausage, or bacon go especially well as the fat in panned vegetables. Or, if preferred, fry some salt pork cut in small pieces or bacon slices, use the fat in panning the vegetable, and add the crisp bits of meat just before serving.

Milk, slightly thickened, is another good seasoning for some panned vegetables. Sift flour lightly over the cooked vegetable and mix well, add milk, and stir until thickened before seasoning with salt and pepper and serving.

### Wilted Greens

The old-fashioned way of wilting garden lettuce or dandelion greens is good with other green vegetables. Here's the way:

To every 2 quarts of the greens, measured after they are looked over and washed, allow  $\frac{1}{4}$  cup of bacon fat,  $\frac{1}{2}$  cup vinegar, and if desired a small onion chopped. Cook the onion in the bacon fat until it turns yellow. Add the vinegar and when it is heated, add the greens. Cover and cook until wilted. Season with salt and pepper and serve hot. Or let cool and serve as a salad.

### Five-Minute Cabbage

Heat 3 cups of milk, add 2 quarts of shredded cabbage, and simmer for about 2 minutes. Mix 3 tablespoons of flour with 3 tablespoons of melted fat. Add to this blended flour and fat a little of the hot milk. Stir into the cabbage and cook for 3 or 4 minutes, stirring all the while. Season to taste with salt and pepper and serve at once.

## WITH MEATS AND EGGS

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### Vegetable-Meat Loaf

$\frac{1}{2}$ cup uncooked rolled oats	1 small onion, chopped
1 cup boiling water	2 cups chopped, cooked green vegetable
2 teaspoons salt	
1 tablespoon fat	$1\frac{1}{2}$ pounds ground beef

Add the rolled oats gradually to the boiling, lightly salted water. Stir and boil for 3 minutes. Melt the fat and cook the onion in it a few minutes. Add the other ingredients and mix thoroughly. Form into a loaf in a greased shallow pan. Bake in a moderate oven about  $1\frac{1}{2}$  hours.

### Green Vegetables Flavored With Meats

Meat flavors add zest to any green vegetable, especially the salted, smoked, or corned meats. Cover the meat with water and simmer until almost tender. Use some of this liquid for cooking the green vegetable—green beans, cabbage, or squash. Dilute if too salty. Simmer gently until the vegetable is tender, but not broken. Season to taste.

### Shredded Green Beans and Fresh Pork

Melt 2 tablespoons fat in a pan, add 1 quart shredded green beans and 1 teaspoon salt. Cover and cook about 20 minutes, turning the beans frequently. Add 2 cups of shredded cooked pork. Stir until the pork is well mixed with the beans and cook for about 5 minutes or until the meat is thoroughly heated.

### Vegetable Omelet

To make an omelet that is "different," add a cooked green vegetable to the egg mixture before cooking. Or spread the cooked vegetable on the top of the omelet after it has set but before it is rolled onto a hot platter to serve.

Have the vegetable drained and finely chopped, and use the vegetable juice in place of milk or water in mixing the omelet.

### Scrambled Eggs With Vegetables

When having scrambled eggs for lunch or dinner, combine before cooking with the vegetable, finely chopped. Many of the green vegetables . . . spinach, summer squash, kale, green beans . . . make excellent combinations with scrambled eggs for the main dish of a meal.



## IN SOUPS AND SALADS

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### Vegetable Soup Pot

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|--------------------------|---|
| 1 soup bone              | 1 cup sliced okra                         |
| 2 quarts cold water      | 1 cup green beans, cut<br>in small pieces |
| 1 cup chopped onion      |   |
| 1 cup diced carrots      | 2 cups diced potatoes                     |
| Salt and pepper to taste |   |

Wash the soup bone and remove all small pieces of bone. Cover the bone with the water and simmer for about 2 hours. Remove the bone from the broth. Add the vegetables and boil gently until tender but not broken. Season to taste. And don't waste the meat on the bone—cut in small pieces and add to the soup.

Why not keep a soup pot always handy! In it put bits of vegetable that would otherwise go to waste . . . outer leaves of lettuce . . . vegetable liquor . . . and any left-over vegetables. If you have a meat bone add it for flavor. Cook the soup slowly. Keep cool when not actually cooking.

### Vegetable Cream Soup

Heat 1 quart of milk in a double boiler. Blend 2 tablespoons of melted fat and 2 tablespoons of flour. Add a little hot milk, stir until smooth, and mix with the milk in the double boiler. Add 1½ teaspoons of salt and 2 cups finely chopped raw cabbage or spinach. Stir until thickened, cover and cook about 10 minutes.

Use cooked vegetables too in delicious cream soups. Follow the same recipe only cook the milk mixture a few minutes before adding the vegetable. Heat again and serve.

### Salad Suggestions

Green vegetables, uncooked or cooked, make very attractive salads served alone or in combination with other ingredients. Chop or shred the vegetables just before serving. Here are a few suggestions:

1. Shredded cabbage, chopped onion, and chopped peanuts.
2. Cooked or canned green beans and thinly sliced raw or cooked carrots.
3. Raw chopped spinach with diced tomatoes.
4. Cooked or canned peas and chopped onions.
5. Shredded cabbage and grated or finely chopped raw carrots.
6. Raw chopped spinach with hard cooked egg.

### Vegetable Salad Sandwiches

The suggestions for salad combinations make delicious sandwich fillings. Cut fine and combine with salad dressing or creamed table fat before spreading on slices of bread.

### Cabbage Slaw—Hot or Cold

Cut cabbage in quarters, wash thoroughly in cold water. Drain, shred, and set aside in a cold place, until crisp. Pour hot salad dressing over the crisp cabbage, stir until well mixed.

# BUILD DIETS WITH GREEN VEGETABLES

GREEN VEGETABLES make an important contribution to a nutritious diet. While they are produced widely by farmers throughout the country, many American families cannot afford to buy all the vegetables they need and want. To enable these families to use more of these products and thereby build a wider market for growers, the Surplus Marketing Administration of the Department of Agriculture, when supplies have been large, has included vegetables on the list of foods obtainable with free blue stamps under the Food Stamp Program. Surplus vegetables also have been bought by the SMA from time to time for direct distribution by State welfare agencies to families receiving public aid and for use in lunches for undernourished school children.

While the primary purpose of this leaflet is to assist in a more effective use of green vegetables by low-income families, the information on preparing green vegetables economically in a variety of ways will be useful to any consumer.

*Prepared by*

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